

BELLA VISTA HIGH SCHOOL
GIRLS AND BOYS CROSS COUNTRY GUIDE

Coaching Staff

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The following guide summarizes the rules and awards system used for the Bella Vista High School Girls and Boys Cross Country Program. It is important that you and your parents (or guardian) read and understand this information and that you and your parents sign the form on the last page of the guide and return it to the head cross country coach.

Rules and Guidelines

These rules apply to all athletes participating in the Bella Vista High School Girls and Boys Cross Country Program:

1. You must be at all practices **on time (3:00 PM)**, with proper equipment, and prepared to workout. Proper equipment includes: (a) running shoes; (b) running shorts (Note: Basketball shorts that extend below the knee are not acceptable); (c) water bottle; and (d) digital stopwatch with split lap time capability.
2. If you are not able to attend practice, you must notify the head cross country coach or one of the team captains in advance of practice that day.
3. Absences from practice and/or meets must be excused by head cross country coach. Valid excuses for absences from practice do not include serving school detention, working at your after school job, doing homework, etc. Any school detention should be served up to one hour at a time and then you can come to practice. **The head cross country coach will be waiting for you to complete your workout. If you miss practice you may not compete in the next meet.**
4. Attendance at practice means completing the entire workout, including warm-up and cool down. Leaving early and not completing the workout is considered an absence. **Three (3) consecutive unexcused absences will result in automatic dismissal from the team.**
5. Training runs on the streets surrounding Bella Vista High School must be completed in compliance with the "Bella Vista High School Cross Country - Rules of the Road" (see page 9).
6. To get credit for participating in a meet, you must complete the entire cross country course, unless you are injured during the competition.
7. During a meet you cannot pull yourself out of a race unless you receive permission from the head cross country coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head cross country coach.
8. Failure to show up for any meets without the prior approval of the head cross country coach means automatic forfeiture of attendance points. You have a meet schedule (see the attached schedule), make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving four teammates on the starting line during an invitational meet. If you are scheduled to compete at a Saturday meet, **make sure you are there!**
9. Academics should be your number one priority - **that's what school is all about.** As a member of the team, however, you have agreed to complete your studies in the evenings and weekends - **not during your practice time.** You can accomplish both goals by **organizing yourself.**
10. In order to maintain your eligibility on any athletic team at Bella Vista High School, you must maintain certain academic standards. If you are having academic problems in any class, let the head cross country coach know as soon as possible so that arrangements can be made to assist you in improving your grades. Don't wait until the quarter grade checks to let the head cross country coach know that you are having an academic problem. By that time, it may be too late to maintain your athletic eligibility.

11. You must wear the complete Bella Vista High School cross country uniform at all meets. This includes the singlet, shorts, and sweats assigned to you. You may wear additional clothing underneath your sweats to keep warm, as necessary, but your Bella Vista High School sweats must be the outermost layer of clothing.
12. You are responsible for any equipment assigned to you. If your uniform is lost or stolen you must reimburse the Bella Vista High School cross country program the following amounts (see Table 1):

Table 1. Reimbursement Costs for Uniforms

Item	Amount (dollars)
Singlet (top)	30.00
Shorts	20.00
Sweat outfit (tops and bottoms must be purchased together)	120.00

All uniforms must be returned to the head cross country coach before the awards banquet (in order to receive your awards) or within five (5) days of the completion of the cross country season (for those athletes competing at the CIF State Cross Country Meet). Uniforms must be washed before they are returned. Be sure to wash and dry your uniforms and sweat outfits as per the "care instructions" contained in the uniform. The sweat outfits must be machined washed separately in the "cold, gentle" cycle - do not bleach the sweat outfits and be sure to line dry them. The sweat outfits cannot be "dry cleaned".

13. All injuries must be reported to the head cross country coach. If it is serious enough you will be expected to see your family physician or a sports medicine physician, which I can refer you to. **Extended absences from practice due to an injury must be supported by a note from your physician.** Missing practice because of a cold or an upset stomach is no excuse. If you feel lousy, come see me at practice and I will probably excuse you.
14. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found involved in this activity.
15. Finally, no one person is above the **team**. Fighting, "trash talking", mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important - no matter how fast or slow they run, and deserves your respect and encouragement.

Rules of the Road

The following are the rules, which should be followed by all Bella Vista High School cross country runners when participating in off-campus running workouts:

1. Each day a course will be set up for all athletes that minimizes the use of busy streets. You must not deviate from the designated course.
2. All athletes will leave campus as a group and be on a specific pace. Check points will be set up on each course, which will be monitored by the coaches.

3. Runners will run on the “buddy system”.
4. Athletes will not stop at stores or school campuses for water. Put your water bottle in one of the coach’s vehicle and get it from him/her at the checkpoints.
5. Cross streets only at controlled intersections with stoplights, stop signs, and crosswalks. Always look both ways when crossing at the intersection. Do not run against red lights or “jaywalk”.
6. Run on the proper side of the street and where you minimize your exposure to traffic.
7. All runners will end their run on the Bella Vista High School campus at the grove of trees by the northern grass fields and must be checked in by the coaches before going into the locker room.
8. If an athlete intentionally violates these safety regulations, they will be dismissed from the team.

Awards

All awards are presented at the cross country banquet at the end of the season. The awards you receive at the banquet are determined by your: (1) participation at practice and at meets; (2) ranking on the team; and (3) race performances on three mile and/or 5,000 meter courses.

Annual Awards

Annual awards are presented to athletes based on the participation points they have accumulated during the season. Participation points are based on your attendance at practice and at mandatory meets. Two (2) points are earned for each weekday practice you attend and complete the assigned workout. Three (3) points for each Saturday workout you attend and complete the assigned workout. The mandatory meets (Capital Athletic League [CAL] and Sac-Joaquin Section competitions) each athlete is required to attend and their point value are summarized in Table 2:

Table 2. Participation Point Values for Mandatory Meets

Mandatory Meet	Date	Point Value
CAL Center Meet #1	September 15 (Wednesday)	10
CAL Center Meet #2	October 06 (Wednesday)	10
CAL Championship Meet	October 30 (Saturday)	15
Sac-Joaquin Section Trials	November 06 (Saturday)	20

At the end of the season, the total amount of participation points is divided by the total amount of participation points available for each athlete and multiplied by the total participation points (100 points) available for the cross country season. Based on the participation points earned, athletes are eligible for the awards summarized in Table 3.

Table 3. Annual Participation Points Required for Cross Country Awards

Total Annual Points	Awards
75	Participation certificate
90	Participation certificate and cross country pin

Athletes who do not complete their season by not competing in the final meet that they qualify for forfeit all awards. In addition, athletes that quit the team for any reason or are dropped from the team for disciplinary actions forfeit all awards.

“BV” Varsity Block Letter and Graduation Numeral Requirements

Athletes receive their graduation year numeral when they receive their “BV” varsity block letter. To receive a “BV” varsity block letter an athlete must:

1. Finish a minimum of four (4) varsity races during the season **and**
2. Achieve the three (3) or 5,000 meter time standard in Table 4 commensurate with their cumulative participation points.

In addition, underclass athletes who maximize their participation points (100 points) and achieve the following standards can also receive their graduation year numeral and “BV” varsity block in the same year:

1. Any freshman boy, sophomore boy, or frosh/soph girl athlete who:
 - a. Places first at the CAL Championship Meet and the Sac-Joaquin Section Championship Meet in their respective classification, **and**
 - b. Ranks in the top five (5) on the Bella Vista High School Cross Country all-time list in their respective classification.
2. Any freshman boy, sophomore boy, or frosh/soph girl athlete who:
 - a. Places in the top five (5) team members for Bella Vista High School team that places first in the CAL Championships or the Sac-Joaquin Section Championship Meet in their respective classification, **and**
 - b. Ranks in the top five (5) on the Bella Vista High School Cross Country all-time list in their respective classification.

Table 4. Minimum Participation and Performance Requirements to Receive the “BV” Varsity Block Award

Gender	Years of Participation	Participation Points	Course Time and Distance (min:sec)					
			Crescenta Valley Prk (La Crescenta, CA) (3.00 Miles)	Crystal Springs Rsvr (Belmont, CA) (2.95 Miles)	Frog Town (Altaville, CA) (2.95 Miles)	Newhall Park (Concord, CA) (3.00 Miles)	Lagoon Valley Park (Vacaville, CA) (3.00 Miles)	Mt. Sn Antonio Clge (Walnut, CA) (2.95 Miles)
Female	1	95	21:35.0	21:11.0	21:10.0	22:08.0	21:10.0	21:37.0
Male	1	95	17:50.0	17:30.0	17:29.0	18:17.0	17:28.0	17:51.0
Female	2	190	22:35.0	22:11.0	22:10.0	23:10.0	22:09.0	22:38.0
Male	2	190	18:50.0	18:29.0	18:28.0	19:19.0	18:27.0	18:51.0
Female	3	285	23:55.0	23:25.0	23:24.0	24:28.0	23:22.0	23:53.0
Male	3	285	19:50.0	19:28.0	19:27.0	20:20.0	19:26.0	19:52.0
Female	4	380	25:25.0	24:53.0	24:51.0	26:01.0	24:51.0	25:24.0
Male	4	380	21:10.0	20:42.0	20:41.0	21:37.0	20:40.0	21:07.0

Gender	Years of Participation	Participation Points	Course Time and Distance (min:sec)				
			Sierra College (Rocklin, CA) (3.00 Miles)	Sierra College (Rocklin, CA) (5,000 Meters)	Stanford Golf Crse (Stanford, CA) (5,000 Meters)	Willow Hills Rsvr. (Folsom, CA) (5,000 Meters)	Woodward Park (Fresno, CA) (5,000 Meters)
Female	1	95	21:30.0	22:20.0	22:11.0	TBD	21:37.0
Male	1	95	17:45.0	18:25.0	18:19.0	TBD	17:51.0
Female	2	190	22:30.0	23:20.0	23:13.0	TBD	22:38.0
Male	2	190	18:45.0	19:30.0	19:21.0	TBD	18:51.0
Female	3	285	23:45.0	24:40.0	24:31.0	TBD	23:53.0
Male	3	285	19:45.0	20:30.0	20:23.0	TBD	19:52.0
Female	4	380	25:15.0	26:15.0	26:04.0	TBD	25:24.0
Male	4	380	21:10.0	21:50.0	21:40.0	TBD	21:07.0

The all-time lists to achieve these standards are provided in Appendix A - Bella Vista High School Girls Cross Country Sierra College (Rocklin) All-Time Lists and Appendix B - Bella Vista High School Boys Cross Country Sierra College (Rocklin) All-Time Lists

Special Awards

A number of special awards are also given at the awards banquet. These awards go to the team captains (captain's pins) and trophies to the most outstanding girl athlete, the most outstanding boy athlete, the most valuable athlete (boy or girl), and the most improved and /or inspirational athlete. In addition, athletes who accumulate 380 or more participation points in their four (4) years of cross country receive a special senior award.

Plaques are also given to individuals with cross country performances which rank them among the top twenty (20) on the school all-time performers list for varsity girls and boys or improved their ranking if previously ranked in the top twenty (20). Individual freshmen boys, sophomore boys, and frosh/soph girls receive a plaque if their performances rank them among the top ten (10) on the school all-time performers list for their respective classification or they improved their ranking if ranked in the top ten (10) the previous year. A list of the standards to receive these awards is presented in Appendix A - Bella Vista High School Girls Cross Country Sierra College (Rocklin) All-Time Lists and Appendix B - Bella Vista High School Boys Cross Country Sierra College (Rocklin) All-Time Lists

In addition, if the team wins the CAL championship, each athlete who has earned at least 95 percent of their participation points for the year and is ranked in the top ten (10) member of the team will receive a league championship plaque. If the team wins the Sac-Joaquin Section championship, each athlete who has earned at least 95 percent of their participation points for the year and is ranked in the top seven (7) members of the team will receive a Sac-Joaquin Section championship plaque.

Summary

The athletes and coaches are looking forward to another successful and enjoyable cross country season. By working together we can all achieve our individual and team goals for the upcoming season. Not all of those individuals whose names appear in the Bella Vista High School Cross Country Performers List were the most talented athletes to participate in the cross country program. They do have one trait in common, however, the "will to succeed". By developing the self-discipline and physical and mental toughness that is required to succeed in any sport (especially cross country), you "will succeed" as both an athlete and a person.

!! GO BRONCOS !!

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PLEASE FILL OUT THE PORTION OF THIS PAGE BELOW THE DOTTED LINE. MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT AND RETURN IT TO THE HEAD CROSS COUNTRY COACH IN ORDER TO RECEIVE YOUR UNIFORM. RETAIN THE REMAINDER FOR YOUR RECORDS.

We have read and agree to abide by the rules set forth for the Bella Vista High School Girls and Boys Cross Country Program.

Date: _____

Athlete's Name: _____

Athlete's Signature: _____

Parent's or Guardian's Name: _____

Home Address: _____

Home Phone Number: _____

Parent's or Guardian's Signature: _____

Appendix A - Bella Vista High School Girls Cross Country Sierra College (Rocklin) All-Time Lists

and

Appendix B - Bella Vista High School Girls Cross Country Sierra College (Rocklin) All-Time Lists

(Note: The “all-time lists” are currently being updated. When completed the updated “all-time lists” will be posted on our website: <http://www.bvtrack.com/>.)